

Top 10 Low Fat Fall Recipes and more

from About: Low Fat Cooking

Sweet Potato and Squash Soup, Stuffed Acorn Squash, Chicken with Apples, Mexican Chicken Bake, Pork Chops with Cabbage and Apples, Orange-Thyme Pork Chops, Low Fat Vegetable Lasagna, Apple Oatmeal, Pumpkin Oatmeal Muffins, Baked Apples

Sweet Potato and Squash Soup

Ingredients

- 1 tbsp canola oil
- 1 small onion, finely chopped
- 1 tbsp grated fresh ginger, finely chopped
- 1 pound butternut squash, peeled and diced
- 1 pound sweet potatoes, peeled and diced
- 1 medium Yukon gold potato, peeled and diced
- 6 cups fat-free, reduced sodium chicken broth
- 1 tbsp dry sherry
- Fresh ground black pepper
- 6 tbsp fat-free sour cream
- 1 tbsp chopped fresh chives



Preparation: Heat oil in a Dutch oven; add onion and cook over a medium heat for 5 minutes, or until translucent. Stir in ginger and cook for 1 minute. Add squash, sweet potatoes, potato and chicken stock. Bring to a boil, then reduce heat. Cover and simmer until vegetables are tender, about 30 minutes. Puree soup in a blender, or use a hand blender; return soup to the pot. Add sherry and black pepper to taste, and stir through.

Ladle into 6 bowls. Garnish with fat-free sour cream and chopped chives.

Per Serving: Calories 201, Calories from Fat 23 (sat 0.2g), Cholesterol 1mg, Sodium 606mg, Carbohydrate 39.8g, Fiber 4.4g, Protein 4.8g

Stuffed Acorn Squash

Ingredients

- 2 acorn squash
- 1 tsp canola oil
- 1 medium tart apple, peeled, cored and diced
- 1/2 small onion, finely chopped
- 1/2 cup chopped mushrooms
- 1/2 celery stalk, diced
- 1/2 tsp dried thyme
- 1/2 tsp oregano
- 1/2 tsp dried sage
- 2 cups cooked whole-grain rice (microwavable is fastest)
- 1/2 cup dried apricots, chopped
- 1/4 cup raisins or dried cranberries
- 1/4 cup apple cider (or juice)



Preparation: Pierce acorn squash all over with a knife or a fork and microwave on high for 2 minutes. Remove from microwave oven and let rest for 1 minute. Cut squash in half from top to bottom (rather than crosswise). Scoop out seeds and membranes. Place squash halves two at a time cut side down in a large microwavable baking dish. Add a 1/4 cup of water, then cover with plastic wrap. Microwave on high for 5 minutes. Repeat with other two halves. Cool and set aside.

Preheat oven to 350 degrees.

In a medium skillet, heat oil on medium heat. Sauté apples, onion, mushrooms, celery for 2-3 minutes. Sprinkle thyme, oregano and sage. Stir in cooked rice, apricots and raisins. Add apple cider, cook until apple cider is almost evaporated.

Place cooled squash on a large nonstick cookie sheet. Spoon stuffing into squash cavities. Bake for 20 minutes.

Serves 4. Per Serving: Calories 440, Calories from Fat 24, Total Fat 2.7g, Cholesterol 0.4g, Sodium 36mg, Carbohydrate 96.6g, Fiber 12g, Protein 7.5g

Chicken with Apples

Ingredients

- 2 tbsp freshly ground black pepper
- 2 tsp canola oil
- 4 skinless, boneless chicken breasts
- 2 Granny Smith apples, peeled, cored and sliced
- 1 medium onion, sliced
- 1/4 cup apple cider vinegar
- 3/4 cup apple cider



Preparation: Sprinkle pepper over chicken. Heat oil in a large nonstick skillet, add chicken and sauté until browned, about 5 minutes per side. Remove from skillet. Add onion and cook until softened, about 3-4 minutes. Add apple slices and cook for 2 minutes, stirring the pieces constantly. Return chicken to pan; add cider vinegar and apple cider. Simmer until chicken is cooked and liquid has reduced, about 5 minutes. Serve with skinny mashed potatoes or noodles.

Serves 4. Per Serving: Calories 260, Calories from Fat 38, Total Fat 4.5g (sat 0.7g), Cholesterol 82mg, Sodium 94mg, Carbohydrate 22.2g, Fiber 2.4g, Protein 33.2g.

Mexican Chicken Bake

Ingredients

- 1 tbsp canola oil
- 1/2 red onion, sliced
- 1/2 yellow or red pepper, cut into strips
- 1 jalapeno pepper, deseeded and finely chopped
- 1 tbsp cumin
- 1 14.5-ounce can recipe-ready Mexican style tomatoes (reserve 1/4 cup)
- 1 1/2 cups shredded cooked white-meat chicken
- 2 6-inch corn tortillas
- 2 tbsp chopped cilantro
- 1/2 cup reduced fat shredded Jack cheese



Preparation: Preheat oven to 350 degrees. Heat oil in a large nonstick skillet. Sauté onion, pepper strips and jalapeno for 3-4 minutes. Sprinkle cumin and stir well. Add tomatoes, except 1/4 cup, and simmer for 5 minutes. Add shredded chicken and cook for 2 minutes. Spray a 9-inch pie dish with nonstick cooking spray. Place one tortilla on the bottom. Spoon the chicken mixture on top. Cover with other tortilla. Spoon remaining tomatoes over top, followed by cilantro and cheese. Bake for 15-20 minutes.

Cut into wedges and serve with beans and rice or a green salad.

Serves 4. Per Serving: Calories 207, Calories from Fat 66, Total Fat 7.3g (sat 2.2g), Cholesterol 43mg, Sodium 292mg, Carbohydrate 16g, Fiber 6.4g, Protein 19.3g

Pork Chops with Cabbage and Apples

Ingredients

- 1 tbsp canola oil
- 4 5-ounce boneless pork loin chops
- 1 large onion, chopped
- 1/4 cup cider vinegar
- 1 cup apple cider
- 1/4 head of cabbage, shredded
- 2 Granny Smith apples, peeled, cored and sliced
- 1/2 tsp thyme
- 1/2 tsp sage
- Freshly ground black pepper



Preparation: Brown pork chops in a large, heavy nonstick skillet. Remove chops and place on a plate. Saute onion until softened. Add cider vinegar, apple cider and reduce liquid by half. Add cabbage, sliced apples, and return chops to pan. Cover and simmer for 20 minutes, or until chops are cooked through and tender.

Serves 4 Per Serving: Calories 296, Calories from Fat 91, Total Fat 10g (sat fat 2.3g), Cholesterol 62mg, Sodium 67mg, Carbohydrate 25.3g, Fiber 3.8g, Protein 26.5g

Orange-Thyme Pork Chops

Ingredients

- 4 boneless pork loin chops (1/2-inch thick), trimmed
- 1/4 cup orange juice
- 1 tbsp orange zest
- 1 tbsp fresh thyme, chopped
- 1 tsp fresh parsley, chopped



Preparation: Place pork chops in a large resealable plastic bag. Combine orange juice, zest, thyme and parsley and add to chops in bag. Marinate for 8 hours or overnight. Preheat broiler. Spray rack with nonstick cooking spray. Place chops on broiler, discarding marinade, and cook for 4 minutes each side. Serve with skinny mashed potatoes and seasonal vegetables.

Serves 4 Per Serving: Calories 160, Calories from Fat 54, Total Fat 6g (sat 2.1g), Cholesterol 62mg, Sodium 51mg, Carbohydrate 1.7g, Fiber 0.1g, Protein 24.8g

Low Fat Vegetable Lasagna

Ingredients

- 2 tsp olive oil
- 1 garlic clove, crushed
- 1 medium onion, finely chopped
- 1 1/2 cups cremini mushrooms, sliced
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 medium zucchini, chopped



- 1 yellow squash, chopped
- 1 28-ounce can crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp oregano or mixed Italian herbs
- Freshly ground black pepper
- 2 handfuls baby spinach salad leaves, roughly chopped
- 1 15-ounce tub fat-free or low fat ricotta
- 8-ounces no-cook lasagna noodles
- 3/4 cup reduced fat shredded mozzarella cheese

Preparation: Preheat oven to 375 degrees, and coat an 11 X 7-inch baking dish with nonstick cooking spray. Heat oil in a large saucepan. Sauté garlic for 1 minute, followed by onion, mushrooms, celery, carrots, zucchini and squash.

Gently sauté for 10 minutes until vegetables are softened. Add tomatoes, tomato paste, herbs and some black pepper. Bring to a boil, then reduce to a simmer for 10 minutes. Stir in spinach. Spread a cup of sauce on the bottom of the baking dish. Top with noodles, followed by half the ricotta cheese; add another layer of sauce, followed by noodles and remaining ricotta cheese. Continue with remaining noodles and sauce, ending with sauce. Top with mozzarella and bake for 30 minutes.

Serves 8. Per Serving: Calories 303, Calories from Fat 37, Total Fat 4.1g (sat 1.5g), Cholesterol 42mg, Sodium 461mg, Carbohydrate 50.6g, Fiber 4.6g, Protein 15.8g

Apple Oatmeal

Ingredients

- 3 cups apple juice
- 1/2 tsp ground cinnamon
- 1 1/2 cups quick oats
- 1/2 cup chopped apple
- 1/4 cup maple syrup
- 1/4 cup raisins
- 1/4 cup chopped walnuts
- 4 tbsp fat free vanilla yogurt



Preparation: Combine apple juice and cinnamon in a medium saucepan. Bring to a boil. Stir in oats, chopped apple, maple syrup and raisins. Reduce heat and cook until most of juice is absorbed, stirring occasionally. Fold in walnuts. Top each bowl with a tablespoon of yogurt.

Serves 4. Per Serving: Calories 271, Calories from Fat 62, Total Fat 6.8g (sat 0.8g), Cholesterol 0mg, Sodium 15mg, Carbohydrate 46.2g, Fiber 4.2g, Protein 6g

Pumpkin Oatmeal Muffins

Ingredients

- 1 1/2 cups all-purpose flour
- 1 cup quick oats
- 3/4 cup firmly packed brown sugar
- 1/2 cup raisins (optional)
- 1 tbsp baking powder
- 1/2 tsp baking soda



- 1 1/2 tsp pumpkin pie spice
- 1 cup canned pumpkin
- 3/4 cup fat-free milk
- 1/3 cup canola oil
- 1 egg lightly beaten, or 2 egg whites

Preparation: Preheat oven to 400 degrees and line a 12-cup muffin tin with paper cases. Combine dry ingredients in a large bowl. In a medium bowl, combine the pumpkin, milk, oil and egg(s), blending well. Stir pumpkin mixture into dry ingredients until the dry ingredients are just moist. Fill muffin cases evenly and bake for 22-25 minutes.

Per Serving: Calories 228, Calories from Fat 60, Total Fat 6.7g (sat 0.5g), Cholesterol 0mg Sodium 146mg, Carbohydrate 37.9g, Fiber 2g, Protein 4.2g

Baked Apples

Ingredients

- 1/4 cup dried cranberries or raisins
- 1/4 cup chopped walnuts
- 1/4 cup brown sugar
- 1/4 tsp cinnamon
- 4 Granny Smith apples



Preparation: Preheat oven to 350 degrees. In a small bowl, combine dried fruit, walnuts, sugar and cinnamon. Core each apple and place in a baking dish. Spoon one-fourth of the ingredients into each apple. Bake for 40 minutes or until apples are tender.

Serves 4.. Per Serving: Calories 287, Calories from Fat 50, Total Fat 5.5g (sat 0.5g), Cholesterol 0mg, Sodium 6mg, Carbohydrate 57.5g, Fiber 6.8g, Protein 1.

lowfatcooking.about.com

More Fall Recipes

Low Fat Crock Pot Country Chicken

Ingredients:

- 1 pound small white potatoes, halved
- 8 ounces baby carrots (half a 16-ounce bag)
- 1 medium onion, sliced
- 2 large ribs celery, sliced
- 8 ounces sliced mushrooms
- 1 1/4 pounds skinless, boneless chicken breasts, cut into pieces
- 2 tsp dried mixed herbs
- 1 14.5 ounce can crushed tomatoes
- 1/2 cup fat-free, low-sodium chicken broth



Preparation: Coat the inside of a 4-5 quart crockpot with nonstick cooking spray. Place vegetables in base of crockpot. Sprinkle with dried herbs. Add chicken pieces, then finish with canned tomatoes and broth. Cook on low for 6-8 hours, until vegetables are tender and chicken is cooked. If you want to thicken the juices, make a cornstarch slurry of 2 tablespoons of cornstarch to 1/4 cup of broth or water and stir in half an hour before the end.

Serves 6.

Per Serving: Calories 224, Calories form Fat 18, Total Fat 2g (sat 0.3g), Cholesterol 55mg, Sodium 194mg, Carbohydrate 25.5g, Fiber 5.2g, Protein 26g
<http://lowfatcooking.about.com/od/crockpotrecipes/r/crockchicken.htm>

Low Fat Crustless Pumpkin Pie

Ingredients:

- 1/4 cup water
- 2 1-ounce envelopes unflavored gelatin
- 2 cups fat-free evaporated milk, divided
- 3/4 cup packed brown sugar
- 1 15-ounce can pure pumpkin
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 1 tsp vanilla extract



Preparation: Spray a 9-inch pie plate with nonstick cooking spray. In a large bowl, sprinkle gelatin in water. Leave to stand for 5 minutes.

Pour 1 cup of fat-free evaporated milk into a small saucepan and heat until almost boiling.

Remove from heat and whisk into gelatin. Don't worry if the gelatin has hardened, the hot milk will liquefy it. Stir in remaining cup of evaporated milk, sugar, canned pumpkin, cinnamon, ginger, nutmeg, cloves and vanilla extract. Stir until well blended. Pour pumpkin mixture into pie plate. Refrigerate for at least 2 hours.

Serves 8.

Per Serving: Calories 152, Calories from Fat 2, Total Fat 0.2g (Sat 0.2g), Cholesterol 2mg, Sodium 85mg, Carbohydrate 32.1g, Fiber 1.7g, Protein 5.4g

<http://lowfatcooking.about.com/b/2006/10/02/low-fat-crustless-pumpkin-pie.htm>

Thanksgiving Turkey

With just a small amount of olive oil, lemon and plenty of fresh herbs, your Thanksgiving turkey will be fragrant and succulent. The cooking time is for an unstuffed bird. To reduce your fat intake, be sure to remove the skin before eating the meat.

Ingredients:

- 1 12-14-pound turkey, fresh or frozen (thawed)
- 1 medium onion, peeled and quartered
- 1 lemon, halved
- 2 tbsp olive oil
- 6 large sprigs rosemary
- 6 large sprigs sage
- 6 large sprigs thyme
- 1 tsp salt
- Freshly ground black pepper



Preparation: Preheat oven to 425 degrees. Remove giblets and neck from inside the turkey and reserve to make stock if you wish.

Rinse turkey inside and out with cold water. Pat dry with kitchen paper.

Place onion, half a lemon and 4 sprigs of each herb inside the bird's cavity.

Secure legs with kitchen string. Place turkey breast side up on roasting rack in pan. Squeeze lemon half into a small bowl. Brush bird with lemon juice and olive oil, and add salt and pepper. Place in oven and roast for 15 minutes at 425 degrees for an initial blast of heat.

Reduce heat to 325 degrees. Baste turkey frequently with pan juices plus lemon and oil, and roast until an instant-read thermometer inserted in the thickest part of the thigh reaches 180 degrees - about 3 to 3 3/4 hours.

Remove turkey from oven and let stand for 15 minutes. Transfer to a warm platter and garnish with remaining herbs.

Serves 12.

<http://lowfatcooking.about.com/od/holidayrecipes/r/roastturkey.htm>